

### Learn to:

- Recognize, track & overcome fear
- Break the connections between fear & depression, procrastination & worry
- Overcome inhibition, perfectionism & low self-esteem
- Defeat social anxiety
- Manage overwhelming emotions & feelings of panic
- Stay on track

### ABOUT the AUTHOR

## William J. Knaus, Ed.D.

is a licensed psychologist with more than forty years of clinical experience in working with people suffering from anxiety and depression. He has appeared on numerous regional and national television shows including the Today Show, and more than 100 radio shows. His ideas have appeared in national magazines such as U.S. News and World Report and Good Housekeeping, and major newspapers such as the Washington Post and the Chicago Tribune. He is one of the original directors of training at the Albert Ellis Institute.

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## THE COGNITIVE BEHAVIORAL WORKBOOK FOR ANXIETY

A Step-by-Step Program

WILLIAM J. KNAUS, ED.D.

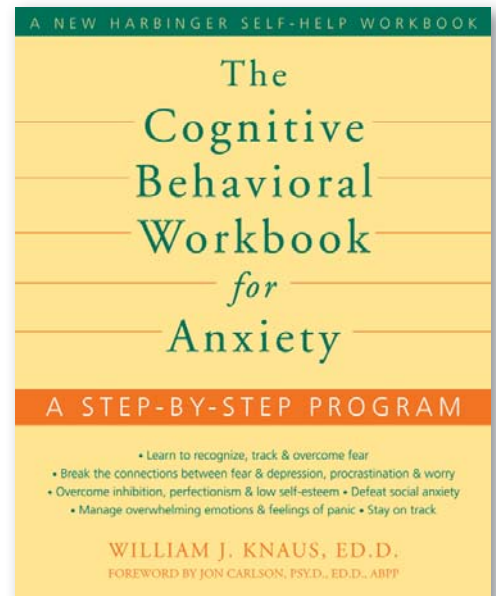
## New book by the author of the best-selling *Cognitive Behavioral Workbook for Anxiety*

In *The Cognitive Behavioral Workbook for Anxiety*, noted expert psychologist William Knaus reprises his monumental *Cognitive Behavioral Workbook for Depression* in this major self-help work on anxiety that offers a powerful blend of techniques for dealing with worry, fear, panic, and social anxiety.

Anxiety disorders are the single most common mental health complaints. The powerful cognitive behavioral tools in this book are proven effective for dealing with them.

People who experience persistent anxiety practically always operate with a negative self-view, along with a strong sense of desperation and vulnerability. This vulnerable state of mind frequently opens the floodgates to more of the physical sensations we associate with anxiety, and persistent forms of anxiety can add to one's sense of personal doubt. This reciprocating process of self-doubt and self-downing links to anxiety and creates a platform for a continuation of self-doubts.

*The Cognitive Behavioral Workbook for Anxiety* offers a powerful, stepwise program for breaking the cycle of anxiety and getting back to a rich and productive life. Using the time-tested principles of rational-emotive behavior therapy (REBT), the book shows readers how to recognize and dispute irrational thoughts that can lead to feelings of anxiety. It proceeds with a program of action-oriented steps that help readers return from the dizzy, heady realm of anxiety to a grounded and purposeful existence.



THE COGNITIVE BEHAVIORAL WORKBOOK FOR ANXIETY

A Step-by-Step Program

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